



# **Smart Choices for an Active Lifestyle**

**Kaiser Regional  
Spina Bifida Clinic**

**510-752-6919**

# Smart food choices today affect your health tomorrow

## Tips for making smart food choices...

- ➡ Choose healthy foods from every food group!
- ➡ Get the most nutrition out of your calories. Eat fresh fruits, vegetables, and whole grains.
- ➡ Find your balance between food and activity. If you use more calories than you eat, you **WILL** lose weight. This means you can either increase the amount of exercise that you do, **OR** decrease the amount of calories, or do **BOTH** to lose weight more quickly.
- ➡ Be active and do some kind of exercise at least **30 minutes** every day.
- ➡ Take a multi-vitamin with minerals every day.

# The food groups are...

- ➡ **Fruits**
- ➡ **Vegetables**
- ➡ **Breads, grains, and cereals**
- ➡ **Meat and meat substitutes**
- ➡ **Milk and dairy products**
- ➡ **Fats**

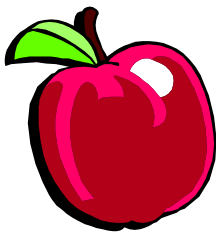
😊 **Make smart choices from  
every food group every day!**

# Fruits...

## Focus on Fruits



- ➡ Eat a variety of fruits that are fresh, frozen (without added sugar), or canned in juice.
- ➡ Have fruit for snacks or dessert.
  - ✓ Make a fresh fruit salad with strawberries, apples, oranges, banana, and grapes.
  - ✓ Make a milk shake with non-fat milk, bananas, and frozen berries.
- ➡ Add fruit to cereal and salads.
- ➡ Limit fruit juice to 1 cup (8 ounces) per day.
- ➡ Eat at least 4 servings of fruit/day.



## What is a serving?

- ➡ 1 medium piece of fruit
- ➡ ½ cup chopped, cooked, dried, canned, or frozen
- ➡ ½ cup fresh fruit juice

# Vegetables...

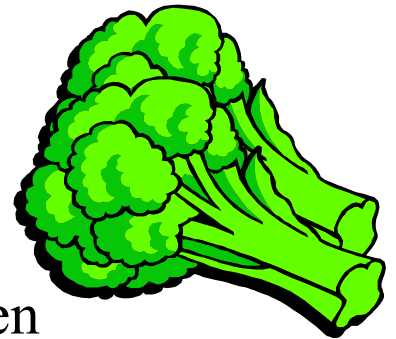
- ➡ Eat vegetables that are fresh or frozen. Instead of butter or cream sauce, try using tomato sauce or salsa.



- ➡ Eat baked or boiled potatoes instead of French fries, hash browns, or chips.
- ➡ Eat dark green veggies, such as broccoli, kale, and spinach, orange veggies, such as carrots, sweet potatoes, and squash and red and purple veggies such as red peppers and eggplant.
- ➡ Eat at least 5 servings of veggies/day.

## What is a serving?

- ➡ 1 cup raw vegetables
- ➡ ½ cup chopped, cooked, or frozen
- ➡ ½ cup vegetable juice



# Breads, Grains, and Cereals...

## Make your grains whole

- ➡ Choose whole grain breads, pita, tortillas, bagels, English muffins, crackers, and hot and cold cereals.
- ➡ Try eating brown rice and whole wheat pasta.
- ➡ Eat about 6 servings of bread/day; try to make 3 of these from whole grains.

## What is a serving?

- ➡ 1 slice of bread
- ➡ 1 cup of cereal
- ➡ ½ cup of cooked rice or pasta

## Tip...

- ➡ Try not to eat a lot of muffins, fried breads, “Ramen” noodles, fried rice, granola, biscuits, and croissants. These foods are high in calories and fat.

# Milk, Yogurt, and Cheese...

**Foods in this food group are high in CALCIUM**

- ➡ Drink non-fat or 1% low-fat milk.
- ➡ When eating cheese, eat part-skim mozzarella cheese or other low-fat cheeses.
- ➡ Eat nonfat or low-fat yogurt and cottage cheese.
- ➡ Aim for 3 servings of low-fat dairy foods each day.

## **What is a serving?**

- ➡ 1 cup of low-fat or skim milk
- ➡ 1 cup of yogurt
- ➡ 1 ½ ounces of cheese

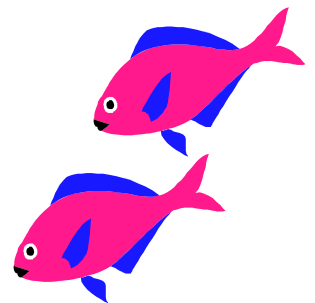
## **Tip...**

- ➡ If you are lactose intolerant, try fortified soy milk, fortified rice milk, or lact-aid milk

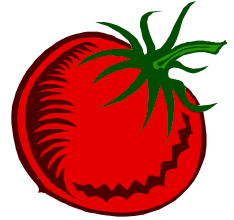
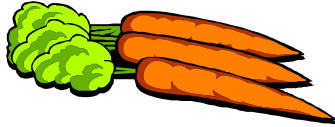
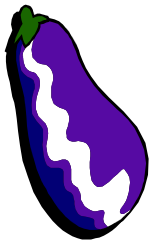
# Protein...

## Go lean on protein

- ➡ Choose lean meats, poultry, and deli meats (buy 97-99% fat-free cuts).
- ➡ Bake it, broil it, or grill it! **Avoid frying**, which soaks up the oil/fat and adds too many calories!!
- ➡ Take the skin off of chicken, and cut the fat off of other meats.
- ➡ Include more fish, lentils, beans, nuts, seeds, and tofu in your diet.







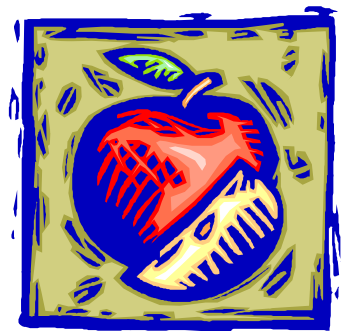
## Fiber...

### Why should I eat FIBER?

- ➡ Fiber helps to keep your bowels moving and to decrease constipation.
- ➡ Fiber does not have calories and is very filling.
- ➡ Fiber can help to lower your cholesterol and keep your blood sugar lower.
- ➡ Fiber can help prevent some kinds of cancer.

### Where can I find fiber?

- ➡ Whole grains such as whole wheat breads, whole wheat pasta, oatmeal, bran cereals, and brown rice.
- ➡ Beans, peas, and corn.
- ➡ Fruits and vegetables, especially with the skin.



# Limit the extras...

## What do we mean by extras?

➡ Extras are foods that do not have a lot of nutritional value such as...

✓ Saturated fats (butter and lard), trans fats (stick margarine, cookies and crackers), salt (sodium), and added sugars.

### ➡ Fats

✓ Go easy on butter, margarine, mayonnaise, gravy, and salad dressings.

✓ Choose light soft margarine, mayonnaise, and salad dressings. Try using balsamic vinegar with fresh lemon juice on salads.



### ➡ Sugar

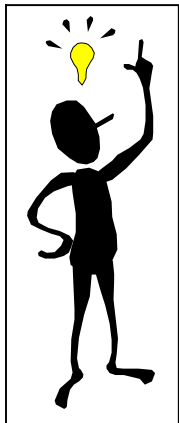
✓ Limit foods with added sugar, such as cakes, cookies, and muffins.

### ➡ Salt

✓ Don't add salt to your foods. Too much salt may cause high blood pressure, which can lead to swollen feet and legs.

# Fast Food...

Fast food is a fact of life. Limit fast food to once a week, and try to make healthier choices.



## Tips...

- ➡ Instead of a hamburger, have a grilled chicken sandwich or a salad with grilled chicken.
- ➡ Skip the cheese.
- ➡ Share a small order of French fries or choose a baked potato or side salad instead.
- ➡ Choose low-fat milk, water, or diet soda instead of regular soda.
- ➡ Ask for "no sauce" and no mayonnaise. Try using plain mustard or ketchup.
- ➡ When having pizza, order without cheese or light on the cheese, and add vegetables instead of meats.

## Fast Food...

### Higher calorie and fat choices:

	Calories	Fat(g)
Burger King Whopper with cheese	800	49
McDonald's Big Mac	560	30
Large French fries	520	25
Taco Bell Burrito Supreme	440	18

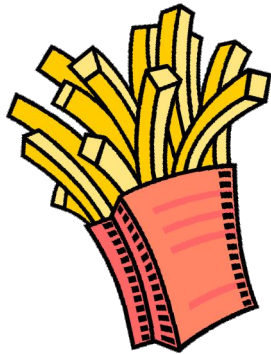
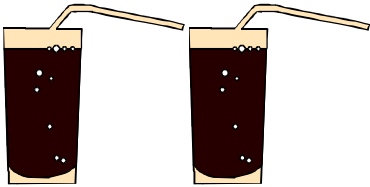
### Lower calorie and fat choices:

	Calories	Fat(g)
A plain hamburger at McDonalds	260	9
A regular taco at Taco Bell	170	10
Small French fries	230	11
McDonald's California Cobb salad		
with grilled chicken	270	11
with chicken and low-fat balsamic	310	14

# Remember...

An extra 400 calories per day =  
40-pound weight gain per year!

400 calories equals...



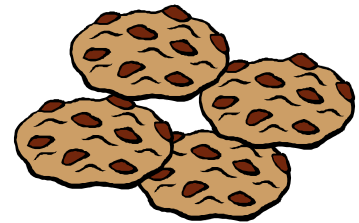
➡ 2 regular sodas

or

➡ 1 large French fries

or

➡ 4 cookies



or

➡ 1 piece of cheesecake

or

➡ 2 candy bars



## At the Movies...

- ➡ 1 large regular soda = 450 calories.
- ➡ 1 large popcorn = 1500 calories!!!

### *INSTEAD have...*

- ➡ Diet soda or water.
- ➡ Small popcorn **without** butter = 385 calories.

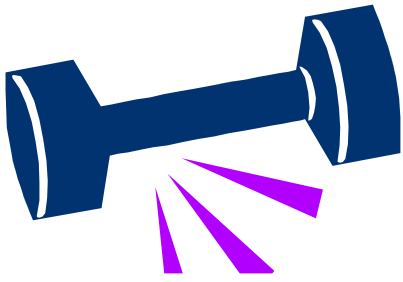
## Snack Ideas...

- ➡ **Pretzels, cereals, raisins** - Mix together to make a trail mix.
- ➡ **Popcorn** - Air-pop or pop in small amount of oil.
- ➡ **Quesadillas** - Melt grated low-fat cheese on a corn tortilla. Add spices or salsa for flavor.
- ➡ **Green salad** - Cut up lettuce, carrots, red peppers, and cucumbers. Keep it in the refrigerator, and it will last for several days. When you are ready to eat the salad, add more yummy ingredients, such as tomatoes, sprouts, jicama, spinach, beans, corn, avocados, and sunflower seeds.
- ➡ **Milk Shakes** - Blend together  $\frac{1}{2}$  cup fat-free milk, with ice cubes and fresh or frozen fruit.
- ➡ **Raw vegetables** - Dip in low-fat ranch dressing or make your own dip by blending fat-free cottage cheese or plain yogurt with spices. Keep cut-up veggies available in the refrigerator.
- ➡ **Mini pizzas** - Spread spaghetti sauce on English muffin and top with grated, low-fat cheese. Place under broiler or in toaster until cheese melts.

## More Snack Ideas...

- ➡ **Rice cakes** - Top with hummus or a small amount of reduced-fat peanut butter.
- ➡ **Frozen bananas** - Slice bananas and roll in crushed cereal, cinnamon, and a little sugar. Freeze on wax paper.
- ➡ **Baked apples** - Core apples. Pour orange juice over apples and bake until soft.
- ➡ **Veggie tortilla snacks** - Place cooked veggies in whole-wheat tortilla and roll up. Add salsa for extra flavor.
- ➡ **Half-sandwich** - Make with low-fat luncheon meats such as turkey, chicken, lean roast beef, and tuna (made with light mayonnaise). Use small amount of low-fat mayonnaise.
- ➡ **Vegetable soup or other low-fat soup.**
- ➡ **Raw vegetables** - baby carrots, celery, cherry tomatoes, cucumber, and sweet red pepper slices.
- ➡ **Fresh fruits.**
- ➡ **Low-fat string cheese.**
- ➡ **Low-fat or non-fat yogurt.**





## Include Activity Daily...

Aim for a minimum of 30 minutes of activity per day...

- ➡ Ambulators ➔ walk short distances around the house to add up to 30 minutes.
- ➡ Manual wheelchair users ➔ wheel 30 minutes/day outside, around your house or at a park.
- ➡ Find a personal trainer to help create a fitness routine just for you.
- ➡ Try swimming, strength training, or power wheeling in manual wheelchairs.
- ➡ Leave the wheelchair at the door and crawl or scoot around the house; use crutches if possible.
- ➡ Participate in adapted activity/sports programs.
- ➡ Sign up for adaptive physical education class through your local community college. (Our clinic can provide you with a prescription to qualify.)
- ➡ Buy a hand cycle.

*Don't give up; stay active.*

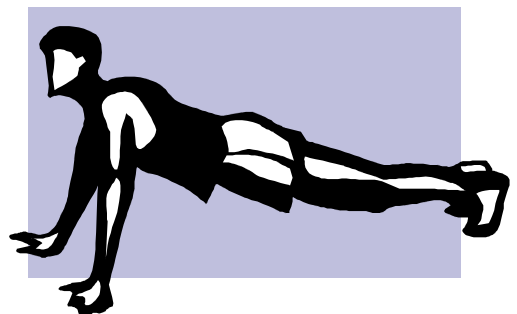
# Maintain a Healthy Weight...



Walking, wheeling, transferring, and exercising are easier with a lean torso and upper body strength.

**Obesity + Inactivity = HIGH risk for:**

- ➡ Diabetes
- ➡ High blood pressure
- ➡ Pressure sores



# Exercise videos for wheelchair users...

1. Maria Serrao's *Everyone Can Exercise - Cardio Challenge*. 1995. Brentwood Home Video. VHS only. 45-minute aerobic routine. Includes modified routine (performed by Maria) for wheelchair users.
2. Maria Serrao's *Everyone Can Exercise - Toning and Strengthening*. 1994. Brentwood Communications. VHS. Similar to above.
3. Richard Simmons' *Sit Tight - A Sittin' Down Workout*. 2001. Good Times Home Video. VHS. Favored by those who know they like Richard Simmons.
4. Richard Simmons' *Reach for Fitness - A Special Video of Exercises for the Physically Challenged*. 1994. Warner Studios. VHS. Some simple aerobics, but mostly floor exercise. Noted to be a beginning level exercise routine.
5. Jody Stolove's *Chair Dancing*. 1994. Chair Dancing Intern Studio. VHS. Original musical score and three exercise levels. Enthusiastic reviews.
6. *Chair Yoga*. Kathy Lee Kappmeier-Foust, director. 2001. Studio unlisted. VHS. Stretching and modified yoga poses to increase flexibility and balance and to reduce stress.

Note: These are video selections that we have heard about. They can be found on the Internet at sites like Amazon.com and can be purchased new or used, often for less than \$10. Other videos are also available. We are interested to hear what you think about any that you try.

**If you have pressure sores or other wounds that won't heal, try these supplements...**

- ➡ Multivitamin with minerals every day
- ➡ 500-1000 mg of vitamin C every day
- ➡ 200 mg Fer in Sol iron supplement every day

**\*\*\* If you would like more information on nutrition or help with weight management, please call the Spina Bifida nutritionist at 510-752-6919**